

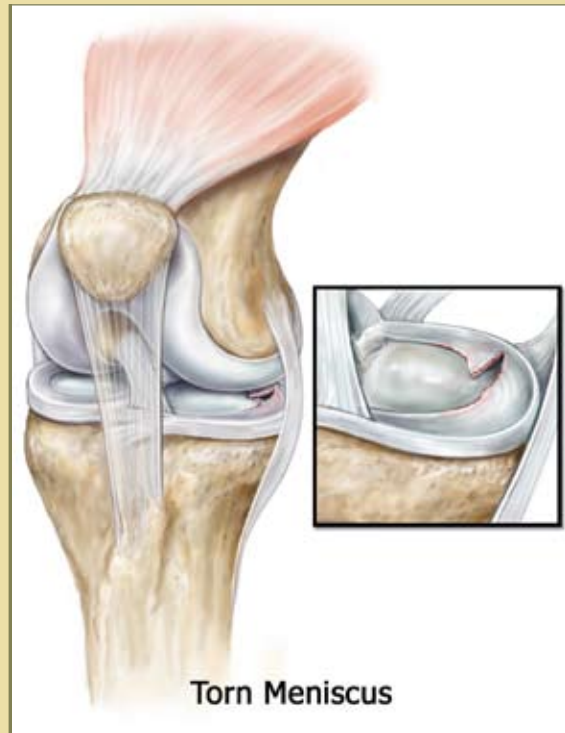
Meniscal Injuries



Anatomy

There are two types of cartilage in the knee. The first, articular cartilage covers the ends of the bones and allows the joint to glide smoothly. The second type, meniscal cartilage, sits on top of the tibia (shin bone) and forms two C-shaped wedges. These cup the rounded end of the femur (thigh bone) and provide cushion and stability. The menisci protect the articular cartilage of the femur and tibia and prevent them from rubbing together. As we age the menisci degenerate, making them more susceptible to injury.

The menisci can also be damaged in a twisting type of injury. It is not uncommon for this to also result in damage to ligaments and tendons surrounding the knee. There is a high degree of variability among meniscal tears and your orthopedic surgeon will determine your specific injury.



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CONTACT INFORMATION

Main Line
(651) 842-5200

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(651) 842-5201

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Symptoms

Patients with a meniscal tear typically complain of pain and swelling in the knee. It is not uncommon for those symptoms to worsen when the knee is bent or when going up or down stairs. In the case of a significant tear, there may be a popping or grinding sensation in the knee as well as the feeling of it being locked in place.

Symptoms for knee injury are diverse in presentation and severity. The above should only be thought of as a generalization of the symptoms associated with this disorder.



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